

dance **BODY**

What



Body Parts/Joints

Locomotor Movement

Walk, Run, Skip, Hop, Gallop,
Jump, Leap, Slide



Axial Movement

Twist, Spiral, Bend, Tilt,
Hinge, Extend

Conditioning

Strength, Flexibility, Endurance,
Alignment, Agility



dance **TIME**

When



Stop & Go

Freeze

Duration

Tempo

Repetition

RHYTHM

Metric/Non-metric

Beat

Breath

Accents

Syncopation



dance **SPACE**

Where

Pathways

Level

Range of Motion

Focus

Relationships

Line in Space

SHAPE

Geometric/Organic

Dependent/Independent

Two & Three Dimensional

Symmetry/Asymmetry

Positive & Negative



dance **ENERGY**

How



Force

Dynamics

Effort

Bound/Free Flow

MOTIONAL QUALITIES

Swing & Sway

Collapse

Sustain

Explode

Vibrate

Suspend & Release

Percussive



THE DANCE
WORD WALL